Top 25 Heart Healthy Foods

1. **SALMON**

Omega-3 fatty acids.

Grill salmon with a yummy rub or marinade. Save a chunk to chop for a pasta or salad later on.

1. **FLAXSEED (GROUND)**

Omega-3 fatty acids; fiber, phytoestrogens.

Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.

1. **OATMEAL**

Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber.

Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.

1. **BLACK OR KIDNEY BEANS**

B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber.

Give soup or salad a nutrient boost -- stir in some beans.

1. **ALMONDS**

Plant omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.

Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.

1. **WALNUTS**

Plant omega-3 fatty acids; vitamin E; magnesium; folate; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.

Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.

1. **RED WINE**

Catechins and reservatrol (flavonoids).

Toast your good health! A glass of red wine could improve "good" HDL cholesterol.

1. **TUNA**

Omega-3 fatty acids; folate; niacin.

Here's lunch: Salad greens, fresh fruit, canned tuna. Keep "Salad Spritzer" - a light dressing -- in your office fridge.

1. **TOFU**

Niacin; folate; calcium; magnesium; potassium.

Tasty tofu is easy: Thinly slice "firm" tofu, marinate several hours, grill or stir-fry.

1. **BROWN RICE**

B-complex vitamins; fiber; niacin; magnesium, fiber.

Microwavable brown rice makes a quick lunch. Stir in a few chopped veggies (broccoli, carrots, spinach).

1. **SOY MILK**

Isoflavones (a flavonoid); B-complex vitamins; niacin; folate, calcium; magnesium; potassium; phytoestrogens.

Soy milk is great over oatmeal or whole-grain cereal. Or, make a smoothie with soy milk.

1. **BLUEBERRIES**

Beta-carotene and lutein (carotenoids); anthocyanin (a flavonoid); ellagic acid (a polyphenol); vitamin C; folate; calcium, magnesium; potassium; fiber.

Cranberries, strawberries, raspberries are potent, too -- for trail mixes, muffins, salads!

1. **CARROTS**

Alpha-carotene (a carotenoid); fiber.

Baby carrots are sweet for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter.

1. **SPINACH**

Lutein (a carotenoid); B-complex vitamins; folate; magnesium; potassium; calcium; fiber.

Pick spinach (not lettuce) for nutrient-packed salads and sandwiches.

1. **BROCCOLI**

Beta-carotene (a carotenoid); Vitamins C and E; potassium; folate; calcium; fiber.

Chop fresh broccoli into store-bought soup. For a veggie dip, try hummus (chickpeas).

1. **SWEET POTATO**

Beta-carotene (a carotenoid); vitamins A, C, E; fiber.

Microwave in a zip-lock baggie for lunch. Eat *au naturale*, or with pineapple bits.

1. **RED BELL PEPPERS**

Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; potassium; fiber.

Rub with olive oil, and grill or oven-roast until tender. Delicious in wraps, salads, sandwiches.

1. **ASPARAGUS**

Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; fiber.

Grill or steam slightly, then dress with olive oil and lemon. It's a pretty side dish.

1. **ORANGES**

Beta-cryptoxanthin, beta- and alpha-carotene, lutein (carotenoids) and flavones (flavonoids); vitamin C; potassium; folate; fiber.

Got orange juice? Check out the new nutrient-packed blends.

1. **TOMATOES**

Beta- and alpha-carotene, lycopene, lutein (carotenoids); vitamin C; potassium; folate; fiber.

For a flavor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas.

1. **ACORN SQUASH**

Beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; calcium; magnesium; potassium; fiber.

Baked squash is comfort food on a chilly day. Serve with sautÃ©ed spinach, pine nuts, raisins.

1. **CANTALOUPE**

Alpha- and beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; potassium; fiber.

A fragrant ripe cantaloupe is perfect for breakfast, lunch, potluck dinners. Simply cut and enjoy!

1. **PAPAYA**

Beta-carotene, beta-cryptoxanthin, lutein (carotenoids); Vitamins C and E; folate; calcium; magnesium; potassium.

Serve papaya salsa with salmon: Mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper.

1. **DARK CHOCOLATE**

Reservatrol and cocoa phenols (flavonoids).

A truffle a day lowers blood pressure, but choose 70% or higher cocoa content.

1. **TEA**

Catechins and flavonols (flavonoids).

Make sun tea: Combine a clear glass jar, several tea bags, and hours of sunshine.